



CYNTHIA A. CRAIG

SAN ANTONIO—Airman Cynthia A. Craig, daughter of Mr. and Mrs. Robert L. Craig of 334 School St. has completed basic training at Lackland AFB, Tex. She has been assigned to Keesler AFB, Miss., for training in the air traffic control field. Airman Craig is a 1969 graduate of Agawam High School.

COMMISSION PLEADS FOR NATIONAL PROGRAM

Mental health Commissioner Milton Greenblatt, in a telegram recently to Senator Edward F. Kennedy in Washington, backed the Senator's plan for comprehensive care for all of the American people and with particular reference to child care.

The telegram further supports the announced commitment of President Nixon's administration to promote the welfare of children in their "first 5 years of life."

The Commissioner urged Kennedy to proceed with all possible speed to translate his plan into action.

"The health and mental health of all the people is no partisan matter," Dr. Greenblatt said. "Your plan to increase health manpower is exactly what the public needs. We must assure every American maximum health protection throughout his life, just as we are pledged to assure him life, liberty and the pursuit of happiness."

"All forward looking men and groups applaud your efforts to ensure that children deprived economically will not also be deprived of physical and emotional health. The time for national child health insurance has arrived."

He underscored the importance of children receiving comprehensive services. He pointed out that earlier in the year an assistant commissioner in his Department, B. R. Hutcheson, M.D., acting in his private capacity as a concerned citizen had assumed the acting chairmanship of the committee for Comprehensive Children's Services.

"Such action puts Massachusetts rightfully in the position of leadership in this important area, just as the Senator's proposal puts in the lead to provide comprehensive care for every American," Dr. Greenblatt said.

Text of the telegram follows:

The health and mental health of all the people is no partisan matter. Your plan to increase health manpower is exactly what the public needs. We must assure every American maximum health protection throughout his life, just as we are pledged to assure him life, liberty and the pursuit of happiness.

All forward looking men and groups applaud your efforts to ensure that children deprived economically will not also be deprived of physical and emotional health. The time for national child health insurance has arrived.

TWO LUCKY LADIES GO SOUTH

Valle's Steak House has awarded 100 waitresses, cashiers and hostesses vacation trips to Florida for superior performance of their duties during 1969.

Richard D. Valle, President, announced that his firm has chartered a Northeast Airlines jetliner to fly the group to Miami for one week of sunbathing, theater and entertainment, sailing, sightseeing, with all expenses paid including an allowance for spending money.

Mrs. Barbara Morrissey of Cambell Drive and Mrs. Barbara Simpson of River Road are Valle's Incentive Program winners and will escape these climes on January 6th for one week of Florida sun.

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Nature's Ways

by Wayne Hanley

On a recent visit to the Parker River Wildlife Refuge I scanned one of its sandier, bleaker fields of sparse grass and found, as I expected, a flock of 75 birds which Thoreau termed "winged snowballs."

The birds were snow buntings. They are large sparrows of brown-and-white plumage, distinctive for the large amount of white that appears on the wings. Although juncos are called "snowbirds" in some districts, the snow bunting more adequately fits the term.

In our region, snow buntings remain along the coast until winter really bears down. But when February crusts the snow and only sparse weed heads wave in the sharp north wind, snow buntings may be found in almost any open area of interior New England. They are wanderers which are unlikely to be found in the same field two days.

In his Journal, Thoreau entered on Jan. 21, 1857, the following note on snow buntings:

"What independent creatures! They go seeking their food from north to south. If New Hampshire and Maine are covered deeply with snow, they scale down to Mass. for their breakfasts. Not liking the grain in this field, away they dash to another distant one, attracted by the weeds rising above the snow. Who can guess in what field, by what river or mountain they breakfasted this morning."

Thoreau spoke of the snow bunting's winter song as "a rippling note" and a "vibratory twitter." John Burroughs, the Adirondack

naturalist, likened the snow bunting's winter song — which he heard so often in snowstorms — as "like the laughter of children . . . a voice of good cheer and contentment."

The New England naturalist, Edward Howe Forbush, wrote of snow buntings:

"When winter really comes to N.E., when icy blasts sweep down from the north and snow fills the air and whitens field and pasture, these little birds ride down on wintry winds and whirl about the fields smid the driving snow. As they wheel and turn in concert, their brown backs and black-tipped wings veer and career about amid the snowflakes until, with a sudden swing, they turn their white undersides toward us and disappear in the snow-filled air . . ."

We humans who find a fire — or, at least, a radiator — cheerful when snow swirls, often wonder how flocks of snow buntings can find cheer in such inhospitable weather. After all, we can look forward to sleeping in a warm bed, but snow buntings will sleep that night in the open with nothing more than a stone wall or a dune to break the blasting cold wind.

Snow buntings, however, see the world differently. For them, winter is almost a year-around season, since they nest in the Arctic as far north as land extends. Severe Arctic snowstorms continue to blow over their nesting area for weeks after they have returned to northern Greenland or Baffin Land to nest. Except for the brief Arctic summer, their entire life is spent under refrigerated conditions.

FIRE EXTINGUISHERS: WHAT, WHICH & WHY?

Fire is defined as "the phenomenon of combustion manifested in light, flame and heat." Controlled; fire has served man faithfully throughout history. Uncontrolled; fire becomes a stern master as its searing flames consume all life and property within their grasp.

As man and his technology progressed, he became confronted with a variety of fires, many of which could no longer be contained by the primary extinguishing agent known as water. Hence, man was placed in the position of not only developing more effective extinguishing agents, but he also placed a classification upon each type of fire and, in turn, related the extinguisher to the fire.

Today, fires are placed in one of the four classifications of A, B, C or D. Basically, a Class A fire is one involving ordinary combustible materials such as wood, cloth, paper, rubber and many plastics. Class B fires involve flammable or combustible liquids, flammable gases, greases and similar materials. Fires of Class C nature involve energized electrical equipment, while Class D fires pertain to those involving certain combustible metals such as magnesium, sodium, potassium, etc.

As previously mentioned, extinguishing agents were developed to cope with each class of fire; consequently every portable fire extinguisher (the first line of defense against fire) is prominently marked as to its type and the class or classes of fires upon which it may be used.

There are four basic types of fire extinguishers: Water, Dry Chemical, Carbon Dioxide and Foam. Of course, there are variations of each, but let us concern ourselves with the basics.



Classified as a cooling, penetrating and soaking agent, Water can only be used on Class A fires.

Most likely to be found in the home or office, the Multi-Purpose Dry Chemical extinguisher can be used on all Class A, B and C fires.

A Carbon Dioxide extinguisher is intended for use on Class B and C fires. Its primary advantage in attacking fire is the fact that no "clean-up" is required of the extinguishing agent.

Last but certainly not least is the Foam extinguisher. Blanketing and cooling properties allow Foam to be used on either Class A or B fires.

Having given four extinguisher categories, we have purposely failed to note any to be sufficient in thwarting a Class D fire. None are! Such a fire requires a special Dry Powder extinguisher, and it would be a rare case indeed for you to be faced with this type of fire, especially in the home or office.

Remember, know your extinguishers and the fires upon which they can be used. It's all on the label, so read it well before the fire strikes; there won't be time later.

Should other product safety topics interest you, send them to UL, Public Information Office, 207 E. Ohio, Chicago, Ill. 60611. They may appear as an article.

All That Glitters May Not Be Gems

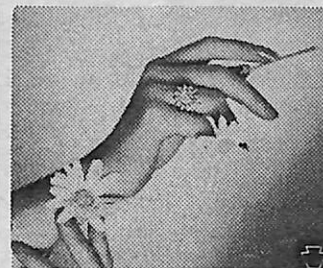
Many materials are being sold as diamond substitutes to the public today, gem experts report, but none of them come close to rivaling the diamond in hardness, durability or full beauty. Strontium Titanate, which is sold under a number of trade names, seems to come the closest, although in hardness it registers only 6 - 6½ on the Mohs Scale, as compared to diamond's 10.

This hardness factor is most important since softer stones lose their sharp faceting and precise angles under hard wear. The loss of polish results in a noticeable lack of brilliance. Also, some of the diamond substitute materials have a tendency to turn yellowish, again diminishing the beauty of the stone and making it more obvious as a non-diamond.

The most common substitutes on the market in addition to Strontium Titanate, are synthetic rutile, synthetic spinel, synthetic sapphire, and zircon. These synthetic materials should not be confused with imitations such as glass cut to resemble diamond. Many of these materials are disguised under attractive names in catalogs and mail order ads which promise that "not even your jeweler can tell." However, the American Gem Society says, a gemologically trained jeweler with proper instruments can indeed "tell", and many times by sight alone.

When buying diamonds, the Society advises, it is most important to personally know and have confidence in your jeweler. A local retailer is usually best since he has a community reputation to protect and comes under city business laws. If he holds the title of Registered Jeweler, he must have passed strict diamond grading examinations, and maintain his skill annually in this field. Proper instruments for diamond identification are another must under the American Gem Society's rulings.

One of the ways these trained jewelers have of



detecting diamond substitutes is through magnification using a ten-power binocular instrument — not a loupe, alone. In contrast to natural diamond, the synthetic materials are distinguished by small spherical or elongated gas bubbles. Also, these synthetics may be free of natural flaws and inclusions common to all diamonds. This allows them to be termed "flawless diamond substitutes."

The American Gem Society acknowledges that there is a place for diamond substitutes in some women's jewelry wardrobes. At the present time, Mrs. Richard Burton is having an exact replica of her new 69.42 carat diamond made by an Eastern firm. She hopes to confuse would-be thieves by alternating her genuine gem with the substitute. Others in the theatrical world also rely upon diamond substitutes for a variety of reasons. However, the Society points out, more women prefer the genuine article, as today's scarcity of fine quality diamonds bears out.

The only actual synthetic diamond on the market today is not of gem quality. It is greyish in appearance, revealing its basic carbon nature and is used only for industry. It serves a most important function, but not as an adjunct to milady's hand.



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Well, What Do You Know?

fun, games and knowledge

by MARTHA GLAUBER SHAPP, Editor, The New Book of Knowledge

Do you know who John Henry was?

John Henry is the hero of the American work song of the same name. The ballad tells a story that is related to an important problem of American life. It is about a super-strong Negro named John Henry.

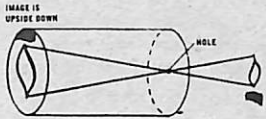


Using only a hammer, he races against the white man's steam drill to finish a railroad tunnel in West Virginia. John Henry wins, but his heart bursts with the effort. In the words of the song, "He died with the hammer in his hand."

The song may date from the last century, but the problem of man in an increasingly mechanized world still faces us all.

Would you like to make your own pinhole camera?

With a pinhole camera, you can turn the world upside down! To make one, all you need is some wax paper, a rubber band, and a cylindrical box, such as an oatmeal carton.



Remove the lid from the box and stretch the wax paper across the open end of the box. Hold the paper in place with the rubber band, and pull the paper down around the edges to smooth out the wrinkles.

With a steel knitting needle, punch a neat hole in the center of the end of the box opposite the wax paper. Now your camera is complete. Point the hole toward any bright object,

(For a free booklet, "The Magic Carpet," illustrated in color from The New Book of Knowledge, send name and address to Martha Glauber Shapp, Box 47, Putnam Valley, New York 10579.)



LOVE...

A CAT MAY NOT DEMAND AFFECTION LIKE A DOG, BUT HE NEEDS IT JUST THE SAME. PET HIM OFTEN, SCRATCH UNDER THE CHIN OR BEHIND THE EARS, AND SPEAK TO HIM LOVINGLY.

All copy for this newspaper must be typed, double spaced originals. No carbons, or items which appear elsewhere before we publish, will be considered. Deadline, Monday A.M.

Do you know what an ichthyologist does?

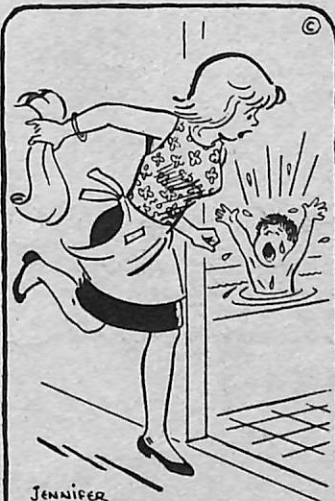
An ichthyologist is a scientist who studies fishes. The word comes from two Greek words: *ichthys*, meaning "fish," and *logos*, meaning "study." There are many scientists who study the evolution and grouping of fishes. Other scientists study the way fishes' bodies work, their development, their populations, and their behavior. Much is known about fishes, but there is still much for ichthyologists to learn.

What do you know about calcium?

Calcium is a silver-white, alkaline-earth metal. It is essential to life and is found in considerable quantity in bones and teeth. It is also found in eggshells and in the shells of creatures such as clams and oysters. It is the fifth most common element in the earth's crust and is found in such common rocks as gypsum and limestone. Calcium is used in mortar, plaster, cement, and concrete. It is also important in fertilizers.

such as a light bulb or a lighted candle. The image of the object is focused upside-down on the wax-paper "screen." If you move the camera toward the object, the image remains upside-down but becomes larger. The hole in the camera acts like a lens. Light from the object travels out in all directions, but only the light falling directly on the hole can get into the camera and focus on the screen. Since the object is larger than the hole, the light from the top of the object is focused down and falls on the bottom of the screen. Light from the top of the object is focused up and falls on the top of the screen. That is why the image in your pinhole camera is upside-down.

The pinhole camera is fun to make and to use. All cameras are based on this principle, and it is especially interesting that the human eye works in the same way too. Everything we see is focused on the retina upside-down. It is the human brain that turns the world right side up for us to see.



JENNIFER

THERE'S NO SOUND ON EARTH TO COMPARE WITH HIS HOWL...WHEN SOAP'S IN HIS EYES AND HE CAN'T FIND A TOWEL!

NIH THE SEARCH FOR HEALTH

A REPORT FROM
THE NATIONAL INSTITUTES OF HEALTH
BETHESDA, MARYLAND

Tinnitus

A bothersome ringing in the ears or head noises, called tinnitus. (pronounced tī-nī-tus) is one of the most common complaints of patients with ear disorders. Its possible causes are many and varied, and often cannot be determined.

This aggravating disorder, usually in one ear only, often is characterized by a high-pitched whistle or ringing; however, it may be a low-pitched roar or buzz. These sounds, occurring steadily or intermittently, indicate that the entire inner ear is being stimulated by some type of general irritative factor.

Among known irritants, in some cases, are drugs such as aspirin and quinine, as well as such stimulants as tobacco, coffee, and tea when used to excess. Occasionally, a person may experience head noises after eating a particular food to which he is allergic. Severe pollen allergies, which may cause blockage of a tube in the inner ear, or anxiety and over-fatigue, may also trigger tinnitus.

In tinnitus, overactivity of the ear's sensory cells sets off spontaneous discharges of nerve impulses, creating the illusion of sound. The patient may experience some loss of his normal hearing sensitivity and consequently may have some difficulty distinguishing words. However, his loss of hearing keenness fluctuates; it does not remain static for the duration of the disorder.

Although generally not a warning of a more serious disease, tinnitus may be a symptom of a systemic disorder. This can best be determined by a complete examination by the physician.

Tinnitus often disappears of itself in time; however, your doctor may suggest methods for coping with your particular problem. Relaxation, outside interests, and pleasant sounds may alleviate somewhat the stress of head noises. In some cases, the physician may recommend a hearing aid. When tinnitus interrupts normal sleeping habits, a self-adjusting clock-radio helps to cover head noises while the patient falls asleep.

Research into the prevention and treatment of tinnitus and related ear disorders is being conducted at the National Institutes of Health at Bethesda, Maryland. At present, the National Institute of Neurological Diseases and Stroke (NINDS) is supporting a number of research programs at medical institutions throughout the country aimed at the prevention, treatment, and cure of ear disorders.

Write to NIH Feature Service, Bethesda, Md. 20014, for a free copy of "Dizziness, Hope through Research," Publication No. 1651.



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New England
Telephone

BUNTS...I CALL THEN POP DOWN!



Cy Young, who pitched in the majors from 1890 to 1911, is officially credited with 511 wins—more than any other pitcher in the history of baseball. He claimed his arm never gave out, and said he was forced to retire when he became too fat to field bunts.

I HAVEN'T
READ THIS
ONE YET!



The Chicago Public Library was destroyed in the Great Fire of 1871. Its present collection dates back to 1872, when Queen Victoria and many of her countrymen donated 8,000 books to the fire-stricken city.

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Consumer news

This is another Consumer News column from the office of Attorney General Robert H. Quinn.

Holiday presents bring happiness to many children during this season, but unfortunately they may also bring danger. Some toys presently for sale may have been constructed carelessly or with materials which make them a hazard to children who take them apart or break them. The National Safety Council estimates that 3.5 per cent of all home accidents are caused by children's toys.

Recent investigations of toys on the market have turned up many potentially harmful playthings: teddy bears whose button eyes are attached with long, sharp screws that would seriously injure children who could work them out of the sockets, toy ovens which heat up to 600 degrees, and blowguns which children could accidentally inhale into their lungs.

Early in December I filed a bill which would require manufacturers to label all toys and children's articles with warnings and directions for proper use. This bill would also empower the Commissioner of Public Health to ban the sale within the state of any article that could endanger public health and safety.

While unsafe toys may still be on the market, parents should make a point of inspecting their children's playthings in order to catch any faults which may appear in them. The warranties which come with toys, and with any merchandise, should be promptly sent in to the manufacturer so that the companies have a record of the purchase to which they can refer if called on to repair or replace part or all of the merchandise.

If a consumer discovers that a toy, or any merchandise, was defective at the time of the purchase of if the item was sold with any parts missing, the consumer is entitled to return the merchandise to the store which sold it for repairs, for a refund, or for replacement of the missing parts.

After the holidays last year a woman contacted the Consumer Protection Division of my office about a defective toy which she had tried to return. On Christmas Day she had discovered that a piece was missing from a toy she had given her little girl, and the next morning she tried to return it to the store.

The manager refused to refund her money, but he agreed to replace the item when a new shipment of the toys arrived in a few weeks. The woman said she would wait, but every time she called the store to see if the toys had arrived they told her that it would be a few more weeks. Finally she called our office. Our investigators wrote to the store and helped the woman obtain a refund.

The Consumer Protection Division has also handled cases involving toys which have been misrepresented in advertisements. Last summer we heard from a couple who went in to see a rocking horse which had been advertised in the paper by a Boston area toy dealer. At the store the salesman claimed that the price in the ad was too inexpensive for the large model horse, and he tried to sell the couple a smaller horse at the same low price. The couple insisted that they had a right to buy the large horse at the advertised price, and they reported the case to our office.

Our attorneys determined that the store was violating the Massachusetts Consumer Protection Act which makes it illegal to state false descriptions or prices of merchandise in advertisements. As a result of our investigation and after advising the store of the violation of the law, the store agreed to sell the large horse at the inexpensive price it had advertised.

Consumers who have complaints to register or questions about any of these laws should contact the Consumer Protection Division of my offices at the State House in Boston or the branch office in Springfield.

REVISED ROUTES FOR RUBBISH COLLECTION

Clip & Save Your Route

ROUTE 1

Audubon St. Maynard St.
Arnold St. McKinley St.
Broz Ter. Norman Ter.
Carmen Ave. Norman Ter. Ext.
Cleveland St. North St.
Coronet Cir. Oak Lane
Duclos Dr. Pleasant Dr.
Francis St. Ridgeway Dr.
Gale St. Robin Lane
Grant St. Sherman Ave.
Hall St. Sylvan Lane
Harding St. Taft St.
Homer St. Walton Lane
James St. Wilbert Ter.
Letendre Ave. Wilson St.
Liberty St. Woodland St.

ROUTE 2

Acorn St. Horsham Pl.
Agnoli Pl. Kensington St.
Annable St. Lenox St.
Bessbrook St. Lincoln St.
Chapin St. Line St.
Cherry St. Mooreland St.
Colemore St. Norris St.
Daniel St. Norwood St.
Day St. Oak St.
Eastern Ave. Park St.
Fenton St. Pierce St.
Franklin St. Portland Pl.
Fruwirth Ave. Ralph St.
Giffin Pl. Rhodes Ave.
Greenock St. Sequoia Dr.
Hastings St. Springfield St.
Hayes Ave. White St.
Henry St. William St.
Highland St. Witheridge St.

Wife to husband admiring snowfall: "Would it defile your fairyland to shovel a path through it?"

ROUTE 4

Alexander Ave. No. West St.
Belmont Ave. Northwood St.
Belvidere St. New York Ave.
Briar Hill Rd. Oriole Dr.
Brookline St. Parkview Dr.
Carol Dr. Pleasant Valley Rd.
Churchill Ave. Provin Mt. Dr.
Clover Hill Dr. Richmond Ave.
Columbia Ave. Ridgeway Dr.
Country View Cir. Robin Ridge Dr.
Daniel St. Strawberry Hill Rd.
Fordham Ave. Squire Lane
Fox Farms Rd. Roosevelt Ave.
Granger Dr. Thalia Dr.
Harvard Ave. Vassar Dr.
North St. Ext. Yale Ave.
No. Westfield St.

ROUTE 5

Barry St. Meyers Dr.
Bradford Dr. Overlook Dr.
Briarcliff Dr. Pine St.
Carmel Lane So. West St.
Elmar Dr. So. Westfield St.
Hamar Dr. Southwick St.
Hamilton Cir. Sunset Ter.
Hendon Dr. Tannery Rd.
Hickory St.

ROUTE 6

DePalma St. Old Mill Rd.
Doane Ave. Phil St.
Edgewater Rd. Poplar St.
Franklin St. Ext. Porter Dr.
Garden Street Shoemaker Lane
Gunn-Geary Lane Silver St.
Holland Dr. Silver Lake Dr.
Memorial Dr. Suffield St.
Mill St. Twin Oaks Rd.
Mountainview St. Vadnais St.

ROUTE 7

Althea Circle Karen Dr.
Anthony St. Ley St.
Belle St. Poinsetta St.
Brien St. Potomac Pl.
Center St. Prince Lane
Clematis Dr. Reed St.
Colonial Ave. Samuel St.
Cooper St. Senator Ave.
Elsie St. Stanley Pl.
Fairview St. Valentine St.
Federal Ave. Valentine Ext.
Federal St. Vernon St.
Federal St. Ext. Virginia St.
Greenacre Lane Washington St.
Harvey Johns Dr. Westford Cir.
Homestead St. Woodside Dr.

ROUTE 8

Allen St. Perry Lane
Adams St. Pineview Cir.
Birch Hill Rd. Raymond Cir.
Carr Ave. Riverside Ave.
Cosgrove Ave. Riverview Ave.
Elm St. Ruskin Ave.
Emerson Rd. Ridge Ave.
Haskell St. South St.
Henshaw Ave. So. Park Ter.
Kanawha Ave. Stewart Lane
Lealand Ave. Sunnyslope Ave.
Main St. Thirlmere Ave.
Mardale Ave. Veranda Ave.
Nile Ave. Woodcliff Ave.
Oxford St. Wright St.
Parker St.

ROUTE 9

Albert St. Joseph St.
Alfred Cir. Kirkland St.
Alfred Court Liberty Ave.
Alfred St. Maple Ave.
Alhambra Cir. Meadow Ave.
Bailey St. Meadow Pl.
Barney St. Melrose Pl.
Central St. Monroe St.
Charles St. Pomeroy St.
Corey St. River Rd.
Editha Ave. School St.
Edward St. Seymour Ave.
Elbert Rd. Sterling Rd.
Ellison Ave. Sunrise Ter.
Frank St. Trinity Ter.
Hunt St. Willard Ave.
James Ave. Wyman Ave.
John St.

ROUTE 10

Autumn St. Greenwood St.
Barden St. Grove St.
Campbell Dr. Laura Cir.
Channell Dr. Lawnwood St.
Clark St. Leonard St.
Clifton Dr. Meadowbrook Rd.
Congress St. Merrell Dr.
Cross St. Morgan St.
Dartmouth St. Peros Dr.
Deering St. Roberta Cir.
Dover St. Ruth Ave.
Dyotte St. Sibley St.
Florida Dr. Simpson Cir.
Florida Dr. So. Warren St.
Forest Rd. Western Dr.

ROUTE 3

Barn Rd. Moore St.
Begley St. Morris St.
Birchwood Ter. Mulberry St.
Bridge St. Oak Ave.
Brookside Pl. Oak Hill Ave.
Church St. Orchard St.
Columbus St. Ottawa St.
Cooley Street Pasadena St.
Cottage St. Prospect St.
Country Rd. Randall St.
Dwight St. River St.
Ellington St. Rowley St.
George St. Royal Lane
High St. Royal St.
Highland Ave. Scherpa St.
Hillcrest Ave. Spencer St.
Howard St. Spring St.
Keating Lane Summer St.
King St. Sutton Pl.
King Ave. Tower Ter.
Laurel St. Valley St.
Lexington St. Walnut St.
Maple St. Walnut St. Ext.
McGrath Ter. Winthrop St.



Flaming Dessert

This unusual dessert will make any holiday gathering a special occasion. Your guests will never guess that it was so quick and easy to prepare. Bring out your chafing dish to set a party mood. Follow the recipe and serve over ice cream.

Flaming Fruit Dessert

- 1 (10 to 12-ounce) package frozen strawberries or raspberries, thawed
- 1 (10 to 12-ounce) package frozen mixed fruit, thawed
- 2 tablespoons corn starch
- 3 tablespoons brandy or Cointreau

Mix small amount of juice from fruit into corn starch in chafing dish or saucepan. Add remaining fruit and juice. Stirring constantly, bring to boil and boil 1 minute. Keep hot. Heat liquor in small pan or cup. Do not boil. Pour hot liquor over hot fruit and carefully ignite immediately. Serve over ice cream. Makes 5 to 6 servings.

Cold air surrounding bridges causes icy conditions on bridges before they occur on the rest of the roadway. Slow down before entering these areas.

Drive very carefully on overpasses and underpasses which freeze first and melt last. Beware of slippery surfaces because of frost, snow, or rain.

Good windshield wipers, winter tires, ice scrapers and a full gas tank are MUSTS for winter driving challenges.

Posted speeds are for normal road and weather conditions. Reduce your speed to meet winter driving challenges.

Slower speeds are demanded on rainy surfaces to keep tires hugging the road. Fast speeds only create hydroplaning or skidding conditions — and make it difficult to control the car, — difficult, indeed, if not fatal.

Good windshield wipers, winter tires, ice scrapers and a full gas tank are MUSTS for winter driving. Don't venture out without them.

"Mom, how can you get so upset about drugs when you really don't know a thing about them?"

If you're having a little trouble these days getting through to your kids when you try to discuss illegal drug use, it may be because they know a lot more than you do about the subject.

We can't promise to make you an expert, but we can help you to catch up a little. Here are a few facts to talk from:

1. Marijuana:

Its use is a felony. Conviction, even with a suspended sentence, may cause interruption of education, difficulty in obtaining a driver's license in some states, entering a profession, getting a responsible job. While marijuana, which is not a narcotic, does not cause physical dependence, it may lead to "psychological dependence"

if taken regularly. There is no current conclusive evidence that marijuana is "medically safe." Research is currently being conducted to find out more about its physical and psychological effects.

2. LSD:

Its effects can differ at times in the same individual. There is no way of predicting whether a "trip" will be "good" or "bad." And days, weeks, even months after using LSD, the things the user experienced while on the drug may recur unexpectedly. The LSD experience can sometimes be disturbing enough to cause acute and even long-lasting mental illness.

3. "Ups and Downs":

Excessive use of amphetamines ("ups") can drive a person beyond his physical endurance and leave him totally depleted physically, since he feels like neither eating nor sleeping. The body develops a tolerance to these drugs, with larger and larger doses required to feel the effects. Long-term heavy users are usually irritable, unstable, and may suffer social, intellectual, and emotional breakdown. Abrupt withdrawal ("crashing") for the heavy user can result in a deep and suicidal depression.

Barbiturates ("downs") can, in regular and excessive doses, become physically addicting. Overdose, or abrupt withdrawal for a heavy user, can cause death. Barbiturates are a leading cause of accidental poison deaths in the U.S. Amphetamines are sometimes prescribed as "diet pills," and barbiturates are given as prescription sleeping pills, but neither should be taken except in strict accordance with a physician's prescription.

4. Narcotics:

Heroin is physically, as well as psychologically addicting. Large, or unexpectedly unadulterated doses can result in death. The addict's main object in life becomes getting the drug. He may turn to crime as the only way to get enough money to support his habit (which can run as high as \$100.00 per day).

For more detailed facts about these drugs, write for free drug booklets to: National Institute of Mental Health, Box 1080, Washington, D.C. 20013



TODAY'S AGRI-FACT

Harvesting trees for pulpwood — used for many paper products, hardboard, etc. — may some day happen every 2-3 years instead of 20-40 years as at present. Experiments are successful with a new close-space planting system, plus harvesting of crops of sprouts every 2-3 years with a silage cutter. Sycamores are most favored for this purpose.

Your Heart Association has provided community service training for rescue breathing. These courses are for nurses, doctors and dentists as well as firemen and policemen... this is a highly successful technique that helps save lives... that's how heart dollars are spent.

RUBBISH COLLECTION SCHEDULE		
Fri.	Jan. 2	Rte. 5
Mon.	Jan. 5	Rte. 6
Tues.	Jan. 6	Rte. 7
Wed.	Jan. 7	Rte. 8
Thurs.	Jan. 8	Rte. 9
Fri.	Jan. 9	Rte. 10

* As result of nuclear weapons testing, each of us now carries some radioactive strontium in our bones, radioactive cesium in the muscles, and radioactive carbon through all body tissues, the MASS. AUDUBON SOCIETY says.

* The ancient Romans used lead in paints, water pipes, and for the lining of wine vessels. Bones of the Romans have concentrations of lead that indicate lead poisoning, which may have contributed to the decline of the Empire

* Plants can cross expanses of unsuitable environments, but many true Arctic plants cannot survive on mountains further south because they need 24 hours of sunshine daily during the growing season

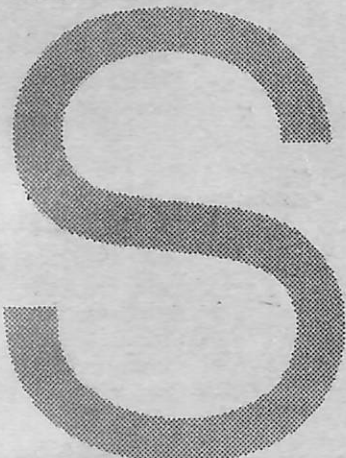
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SCHOOL MENUS

JANUARY 5-9

Milk Served with All Meals

PHELPS SCHOOL

Mon. — Hmbrg. on butrd. roll, relish, onion slices, catsup, butrd. green beans, candied sweet pot., fruit. Tues. — Oven fried chicken, mashed pot. peas, ranberry sauce, bread and butter, fruit. Wed. — Ham and cheese grinder, lettuce, and mayonnaise, butrd. carrots, pot. chips, btr. cake w/ choc. frosting. Thurs. — Hmbrg. gravy on mashed pot., butrd. corn, bread and btr. cake. Fri. — Juice, tunaburger, green salad, pineapple, peanut btr. cookie.

GRANGER SCHOOL

Mon. — Italian spaghetti w/ meat and tom. sauce, green beans, brd. and btr., apricots. Tues. — Juice, frankfrt. in bun, rel. and mustrd., pot. chips, 7 min. cabge., spice cake. Wed. — Juice, Hmbrg. gravy, fluffy rice, diced carrots, peanut btr. sand. fruit square. Thurs. — Chicken soup/vegetables, chopped ham and pickle sand. 1/2 hardboiled egg, cookies, orange sections. Fri. — Juice, tuna fish sand. pot. sticks, cheese finger, butrd. veg. pineapple tidbits.

PIERCE SHCOOL

Mon. — Beef-veg. stew, carrot sticks, peanut btr. sand., citrus fruit cup, cookie. Tues. — Spaghetti w/ tom. & meat sauce butrd. green beans, brd. and butr. cheese cube, prune whip w/ topping. Wed. — Pizzaburgers, btrd. kernel corn, peanut btr. sand. sliced peaches. Thurs. — Orange juice, oven fried chicken, parsley btrd. pot. cran-applesauce, choc. cake w/ mocka icing. Fri. — Grilled cheese sand. Tom.-corn casserole, pineapple delight, peanut btr. cookie.

DANAHY SCHOOL

Mon. — Juice, frankfrt. on roll, corn, applesauce cake. Tues. — Juice, tom. soup with rice and veg., bologna sand, and peanut btr. sand, cheese wedge, orange wedge, peanut btr. cookies. Wed. — Mac. w/tom. and meat sauce, brd. and btr. green beans, peaches. Thurs. — Meat ball Grinder, cabge. and carrot salad, fruited jello, cheese wedge. Fri. — Juice, grilled cheese sand, and peanut btr. sand. carrots, pot. chips, apple crisp.

SOUTH ELEMENTARY

Mon. — Orange Juice, franks on btrd roll, btrd carrots, mus. and rel., cheese sticks, fruit cup. Tues. — Meat ball grinder w/ spaghetti sauce, btrd. spinach, peanut btr. on rye brd. pineapple chunks. Wed. — Citrus juice, turkey veg. noodle soup, celery sticks, turkey salad on rye, apple. Thurs. — Italian Spaghetti w/ meat and tom. sauce, ABC salad, btrd. vienna brd. cherry jello w/ topping. Fri. — Baked fish sticks, parsley btrd. carrots, peanut btr. cand., applesauce cake w/ topping.

ROBINSON PARK SHCOOL

Mon. — Juice, frankfrt. on btrd roll, mus. and rel., btrd carrots, pot. sticks, marble cake w/ btr. frosting. Tues. — Mac. w/ meat & tom. sauce, btrd. green beans, brd. and btr., applesauce. Wed. — Juice, meat ball grinder, cabge. and carrot salad, gingerbread w/ topping. Thurs. — Tom. soup w/ rice (crackers), peanut btr. sand. celery sticks, cookie, fresh fruit. Fri. — Citrus juice, tuna fish sand. tossed green salad, pot. chips, frefruit cup.

JR. HIGH

Mon. — Juice, hmbrg. on bun, green beans, peanut btr. sand., fruit cup with cookie. Tues. — Shell mac. with meat balls, cabge. and carrot salad, banana cake, brd. and btr. Wed. — Oven fried chicken, mashed pot., btrd. carrots, jello with topping, brd. and btr. Thurs. — Juice, frankfrt. on roll, peanut btr. sand., mixed veg., pot. chips, pump. cake. Fri. — Juice, tuna fish salad, pot. chips, btrd. corn, purple plums with cookie, brd. and btr.

HIGH SCHOOL

Mon. — Hmbrg. on btrd. roll, candied swt. pot., btrd corn, cheese wedge, peanut btr. sand., choc. cake w/ choc. icing. Tues. — Tom. juice, cold cut grinder (ham, bologna & cheese), garden salad w/ spinach greens & tom., peanut btr. sand. choc. pudding w/ topping. Wed. — Mac. w/ meat & cheese & tom. sauce, btrd. green beans, brd. and btr. fruit cocktail. Thurs. — Frankfrt. on roll, school baked beans, cabge. and carrot salad, peanut btr. sand. apricotupside-down cake w/ topping. Fri. — Oven fried fish sticks - tartar sauce, parslied pot., btrd carrots, hot raisin coffee cake w/ btr. raspberry prune pie square.

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COMMONWEALTH OF MASSACHUSETTS

Hampden ss

PROBATE COURT

To CLIFFORD EUGENE STOVER of New Britain, in the State of Connecticut. A libel has been presented to said Court by your wife ZILDA GRAY NICKERSON STOVER of Agawam, in the County of Hampden, praying that a divorce from the bond of matrimony between herself and you be decreed for the cause of desertion.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, within twenty-one days from the twenty-seventh day of January 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this ninth day of December 1969.

JOHN J. LYONS, Register
 Dec. 18, 25; Jan. 1.

COMMONWEALTH OF MASSACHUSETTS

Hampden ss

PROBATE COURT

To ROBERT WILLIAM MARQUISS, of parts unknown, formerly of Agawam, in said County of Hampden.

A petition has been presented to said Court by DOROTHY ELAINE HOUGHTALING MARQUISS, of said Agawam, formerly of West Springfield, in said County, praying that said petitioner be awarded money damages against said ROBERT WILLIAM MARQUISS for certain items of personal property removed by said ROBERT WILLIAM MARQUISS from the real estate premises at number 52 North Alhambra Circle, in said Agawam and for maliciously damaging the interior of said premises; that the real and personal estate of said ROBERT WILLIAM MARQUISS located at number 58 Alhambra Circle, in said Agawam, being the premises described in a deed recorded in Hampden County Registry of Deeds, Book 2411, Page 47, be attached to the value of ten thousand (\$10,000.) dollars and that a writ of attachment issue therefore; and that said petitioner be allowed her costs and expenses in this proceeding; all as more fully set forth in said petition and for such other and further orders and decrees as equity may require.

If you desire to object thereto, you or your attorney should file in said Court at Springfield a written appearance and answer or other legal pleading, within twenty-one days after the twentieth day of February 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this tenth day of December 1969.

JOHN J. LYONS, Register
 Dec. 18, 25; Jan. 1.

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Legal Notices

COMMONWEALTH OF MASSACHUSETTS

Hampden ss

PROBATE COURT

To all persons interested in the estate of IGNAS GRIGAITIS of Agawam, in said County, a person under conservatorship.

The conservator of the property of said IGNAS GRIGAITIS has presented to said Court his first account for allowance.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the sixteenth day of January 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this tenth day of December 1969.

JOHN J. LYONS, Register
 Dec. 25; Jan. 1, 8.

COMMONWEALTH OF MASSACHUSETTS

Hampden ss

PROBATE COURT

To all persons interested in the estate of EDGAR T. BOISSONNAULT late of Agawam in said County, deceased.

Apetition has been presented to said Court, praying that REGINA BOISSONNAULT of said Agawam or some other suitable person be appointed administratrix of said estate.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield, in the County of Hampden, before ten o'clock in the forenoon on the twenty-third day of January 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this eighteenth day of December 1969.

JOHN J. LYONS, Register
 Jan. 1, 8, 15

MORTGAGEE'S SALE OF REAL ESTATE

By Virtue of and in execution of the Power of Sale contained in a certain mortgage given by William E. Coons, Jr. and Beverly A. Coons, husband and wife, to Third National Bank of Hampden County dated February 15, 1966 and recorded with Hampden County Registry of Deeds, Book 3170, Page 64, of which mortgage the undersigned is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at Public Auction at ten o'clock a.m. Eastern Standard Time on the 26th day of January, A.D. 1970 on the premises, more particularly at the corner of Maple and Moore Streets all and singular the premises described in said mortgage.

To Wit: Certain real estate situated in Agawam, Hampden County, Massachusetts, being known and designated as Lots 42, 43, 44 and 45 (forty-two, forty-three, forty-four and forty-five) as shown on a plan of lots of Scherpa Brothers, recorded in Hampden County Registry of Deeds in Book of Plans U, Page 52, said lots being more particularly bounded and described in one parcel as follows:

Beginning at the intersection of the northwesterly line of Maple Street with the westerly line of Moore Street and running thence NORTHWESTERLY along Moore Street two hundred two (202) feet to the southerly line of Ellington Street; thence WESTERLY along Ellington Street one hundred (100) feet to lot No. 41 (forty-one) as shown on said plan; thence SOUTHEASTERLY along Lot No. 41 (forty-one) one hundred thirty and 65/100 (130.65) feet to the northwesterly line of Lot No. 45 (forty-five) as shown on said plan; thence SOUTHWESTERLY along said Lot No. 45 (forty-five) thirty-five (35) feet more or less to the northeasterly line of Lot No. 46 (forty-six) as shown on said plan; thence SOUTHEASTERLY along said Lot No. 46 (forty-six) one hundred and 26/100 (100.26) feet to an iron pin in the northwesterly line of Maple Street; and thence NORTHEASTERLY along Maple Street ninety-two (92) feet to a stone bound; thence continuing NORTHEASTERLY along Maple Street eighteen and 98/100 (18.98) feet to the place of beginning.

Being the premises conveyed to us by Herman R. Vancini et als by deed dated January 14, 1966 and recorded in Hampden County Registry of Deeds in Book 3165, Page 311.

The above described premises will be sold subject to all outstanding tax titles, municipal or other public taxes, assessments or liens, if any.

The terms of sale; \$1000.00 to be paid in cash at the time of sale, balance in cash to be paid into escrow in ten (10) days, the terms of the escrow to be announced at the sale.

Other terms to be announced at the sale.

THIRD NATIONAL BANK OF HAMPDEN COUNTY

By: Richard H. Drohan
 Vice-President

Frederick A. Stebbins, Esq.
 1387 Main Street
 Springfield, Massachusetts
 Jan. 1, 8, 15

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REZNICEK NAMED SUPERVISOR

George J. Reznicek has been named supervisor in the field controllers department at the Springfield casualty and surety division office of Aetna Life & Casualty.

Reznicek, a graduate of the University of Iowa, joined Aetna in 1968 at St. Louis, NMo., and had most recently served in a supervisory post there. He lives at 173 Regency Park Dr.

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